

# FACT SHEET

## Palo Alto Wellness Center

The Wellness Center will be an interdisciplinary aquatic center and gymnasium at the Palo Alto Division of the VA Palo Alto Health Care System, Veterans Health Administration's largest health care system in Northern California.

The Wellness Center is being developed in two phases. The first phase is the new Aquatic Therapy Center, which opened in July 2013 and includes two saltwater pools. The warm-water therapy pool is 50 x 40 feet with an accessible ramp; the six-lane, lap pool is 75 x 50 feet. Various aquatic therapy exercise programs will be provided to Veterans individually and in groups.



The Palo Alto Aquatic Therapy Center portion of the Wellness Center is located at Bldg. 530 and replaced the former Bldg. 23, a pool facility built in the late 1950s. The building is Leadership in Energy and Environmental Design (LEED) Silver equivalent, using energy-efficient systems, and maximizing the use of day lighting throughout the center.

The second phase of the Wellness Center is a connected Recreation Therapy building, which will begin construction Summer 2013. This building will be connected to the Aquatic Therapy Center by a shared, multistory glass enclosed lobby. The Recreation Therapy building will provide a gymnasium, mezzanine-level gait track, two state-of-the-art fitness rooms, as well as an area for holistic modalities (tai chi, yoga, Pilates, etc.).

The Wellness Center was planned around a central courtyard and is adjacent to a future garden plaza on the east side of the campus, near Bldgs. 100 and 101. The triangular shaped front entry garden plaza to the west of the Wellness Center is designed to provide a garden setting, including a sensory garden.

The two buildings are collectively the Palo Alto Wellness Center, and are designed to further support the recreation and therapy functions for Veterans. The Wellness Center is another component to enable Veterans to pursue active and healthy lives in a state-of-the-art facility, furthering the VA Palo Alto Health Care System's motto of "Serving those who Served."

For more information about the VA Palo Alto Health Care System, please visit <http://www.paloalto.va.gov>.